

Moving Checklist

Setting up your new place without losing your mind

STILL DAD

PHASE 1: BEFORE THE MOVE

ADMIN

- Confirm the new address is in compliance with your custody order (check if notice is required)
- Notify your attorney of the move
- Set up mail forwarding with the post office
- Update your address with your employer, bank, and DMV
- Update address on your driver's license within the required timeframe
- Update health insurance and any benefit providers
- Notify your kids' school of the new address
- Update your will or beneficiary designations if needed

PACK

- Pack kids' stuff first and label boxes clearly
- Pack an "open first" box: toilet paper, soap, coffee, phone charger, towels, snacks
- Take photos of electronics setup before disconnecting
- Pack a bag for you and a bag for the kids for the first night
- Transfer any prescriptions to a pharmacy near the new place
- Cancel or transfer utilities at the old place
- Set up utilities at the new place before move-in day

MOVING DAY

- Get the internet set up first: or at least have a hotspot plan
- Get the kids' room set up and functional before you unpack anything else
- Put beds together before anything else: you will be tired
- Set up the bathroom before the first night
- Do a walkthrough of the old place before returning the keys
- Photograph any pre-existing damage in the new place on Day 1
- Locate the breaker box, water shutoff, and thermostat immediately
- Get a spare key made and give one to a trusted person

FIRST WEEK: BEFORE FIRST OVERNIGHT

- Set up the kids' space completely: their bed, their things visible, their photos on the wall
- Stock the kitchen with their favorite foods before they arrive
- Have their bathroom stocked and ready
- Walk them through the new place before the first overnight if possible
- Let them pick something small for their room: a rug, a lamp, a poster
- Establish where things go: homework spot, charging spot, shoes, backpack
- Make sure they know the Wi-Fi password and where everything is
- Establish the first night routine the same way you would anywhere
- Don't over-explain or over-reassure: just be calm and present
- Get the new address memorized with them before they leave

Your kids will be okay. What they need most is you being calm and grounded in the new space. Their room first, your stuff second, decorating last.